BENGALURU, FRIDAY, OCTOBER 27, 2023 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 31 | Min 18 | Humidity 74% Fog/mist in the morning and partly cloudy sky later Sensex 63,148 | Nifty 18,857 | Gold 61,960 | Silver 73,750 | Dollar 83.23 | Euro 87.87 | GBP 100.51

Why a judicious mix of private and state transport competing to meet last-mile connectivity is critical

MILES TO GO

Just 30% of metro stations serviced by public transport

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As the BMTC is scrambling to meet last-mile connectivity, the newest of talking points is the privatisation of metro feeder buses. Though the public transporter has indeed started running quite a few feeder services, it is still yet to meet it.

In many states, last-mile connectivity is met by private transport operators. However, Karnataka is yet to see a judicious mix of private and state transport competing to meet last-mile connectivity.

Currently, only an estimated 30% of metro stations have bus connectivity; this forces commuters to pay higher last-mile connectivity charges.

Activists too are of the view that the state government should consider privatising metro feeders, enabling a free market.

"Metro feeder services should open up to the private sector. This will help improve services and mobility. With the city and technology witnessing massive shifts, we need to amend the laws to allow further penetration. The solution is to provide an efficient transport service but if it fails, private players should compete in a free market. BMTC is running metro feeders on loops of more than 5 km span touching metro stations while they should be shorter loops of less than 5 km. If privatised, there should be regulation to prevent exorbitant pricing," said Sandeep Anirudhan, civic activist.

Ashwin Mahesh, city-based activist added that even if privatised,

CONTINUED ON PAGE 6 »

Metro passengers waiting for BMTC bus at Baiyappanahalli metro station

> **"Privatisation of metro feeder buses is allowed in Delhi and Kolkata. We demand government provide opportunity for private sector**
>
> – S Nataraj Sharma, Federation of Karnataka State Private Transport Associations

CITY / PAGE 3

ART OF SMART

Delays, poor quality mar Smart City report card

CITY / PAGE 4

BRANDING BENGALURU

Let's start with basic infra, shall we?

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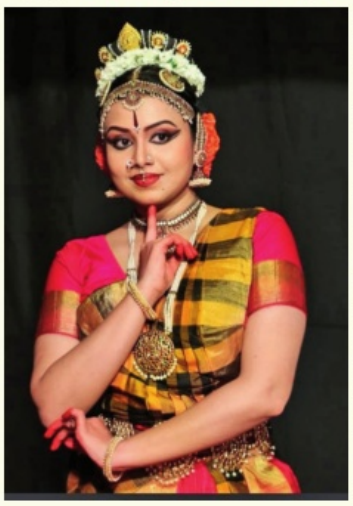
**IQVIA India Medical Audit MAT Jun'23 (M02A01 NSAIDS, PAIN / ANALGESICS), reflecting estimates of real-world activity for all India market.

3 THINGS TO DO

01 Kuchipudi steps



Grab the chance to visit the 10th edition of Natya Parampara Utsav, presented by the Kuchipudi Parampara Foundation, Bengaluru. The event is curated by Deepa Narayanan Sashindran, a Kuchipudi exponent and life trustee of the foundation. The programme will honour the works of Kuchipudi Guru, Bhagavatula Mohan Rao, and Hari and Chethana, Kathak exponents.
Where: There's change in the venue; new venue: Ramana Maharshi Heritage Auditorium
When: Saturday, October 28; 6 pm onwards

02 Tughlaq scenes

If you're one of those interested in watching plays, then here's a chance for you to watch one of the most popular plays written by Girish Karnad. Samudaya Bengaluru is hosting a two-day Girish Karnad memorial theatre festival, as it is celebrating the 100th show of Tughlaq play.
Where: Ravindra Kalakshetra
When: October 28 and 29

03 Halloween howl

This Halloween, get ready to unleash your inner ghoul, as DJ Peter Pahn is set to perform his electric selection of deep tech-house music at one of the lively places in the city. Enjoy the limited capacity show that promises an intimate and exclusive experience. **Where: Raahi Neo Kitchen and Bar; When: October 28; 7 pm onwards**

Bird Moon

The waxing gibbous moon was seen soon after it rose on Thursday evening; after the solar eclipse this month, the sky will be graced with yet another celestial phenomenon, lunar eclipse; the partial lunar eclipse will grace the night sky on October 28-29

PIC: KAUSHIK JN

Age gracefully: Time to grasp body's change

Around 9,000 women from Bengaluru complained of experiencing mental health issues during menopause, says study; only 2% suffering from mental health issues seek help

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A comprehensive study carried out on over 25,000 women in the country sheds light on the pervasive stigma surrounding menopause among women between 35 and 60 years of age. Out of the 25,000 sample sizes, 9,000 were from Bengaluru, and a sizable number of women showcased that they were experiencing mental health issues during menopause. The study was carried out by Elda Health, a FemTech health start-up catering to women during their midlife menopausal and perimenopausal years.

The study found that 98% of women in their menopausal years largely only visit gynaecologists for heavy bleeding or vaginal discharge issues, while period-related symptoms such as hot flashes, sexual health concerns, and mental health issues often go unaddressed. Other symptoms that women face include fatigue, sadness, hair fall, weight gain, anger, anxiety, various types of body pains, insomnia, memory loss, and skin issues.

The study highlighted that 70% of women report mental health issues like mood swings, anger, and sadness. Only 2% of those suffering from mental health issues seek professional help. Over 24% of women suffer from sexual health concerns, and only 6% of women seek help for sexual health concerns.

The study showcased that over 27.05% of women in Bengaluru experience mental health issues during menopause

40% experience hot flashes. The study showcased that over 27.05% of women in Bengaluru experience mental health issues during menopause. And 16.71% experience stress and tiredness. Over 9.12% experience weight gain, and 8.45% go through hot flashes and night sweats.

The study also highlighted that Indian women typically experience menopause between the ages of 40 and 46, earlier compared to their global counterparts, who hit this phase at ages 45–55 and above. This earlier onset emphasises the need for tailored menopausal care in India. Women also experienced a significant impact of dietary habits and lifestyle on the severity of menopausal symptoms.

Dr Ameya Kulkarni-Kanakiya, Co-Founder, Elda Health, said, "Lack of initiative and motivation is a common cause of concern in following otherwise healthy lifestyle habits. This amplifies the need for external interventions and coaching to take control of one's health during menopause.

It is crucial for women to understand that regular exercise, quality sleep, and a balanced diet can make their menopausal transition smoother and reduce the severity of symptoms." Dr Shefali Tyagi, Consultant Obstetrician and Gynaecologist, Motherhood Hospitals, Sarjapur, Bengaluru, said, "Hormonal variations during the menopause might present unanticipated mental health issues. Anxiety, sadness, anger, and mood swings become unwanted companions. Cognitive alterations and sleep disorders also have an adverse effect on the overall well-being of a woman. Menopause awareness is not the only element that determines mental health; other factors include social support, personal experience, and genetics. It is imperative to get professional assistance."

Depending on the severity of the symptoms, care options may include hormone therapy, lifestyle modifications, counselling, or medication. Sadly, a dearth of knowledge about menopause has left many women unsupported and unprepared, she added.

Dr Vidya V Bhat, Medical Director, RadhaKrishna Multispeciality Hospital, pointed out

> **"It is crucial to understand that regular exercise and quality sleep can make the menopause transition smoother**
> – Dr Ameya Kulkarni-Kanakiya

the significant challenges women face during the menopausal stages. "Menopause is a natural transition that every woman undergoes, akin to the hormonal changes of her adolescence," she said.

Delays, poor quality mar Smart City report card

According to BenSCL site, 33 of planned 49 projects in B'luru are done, but how do they fare in public perception?

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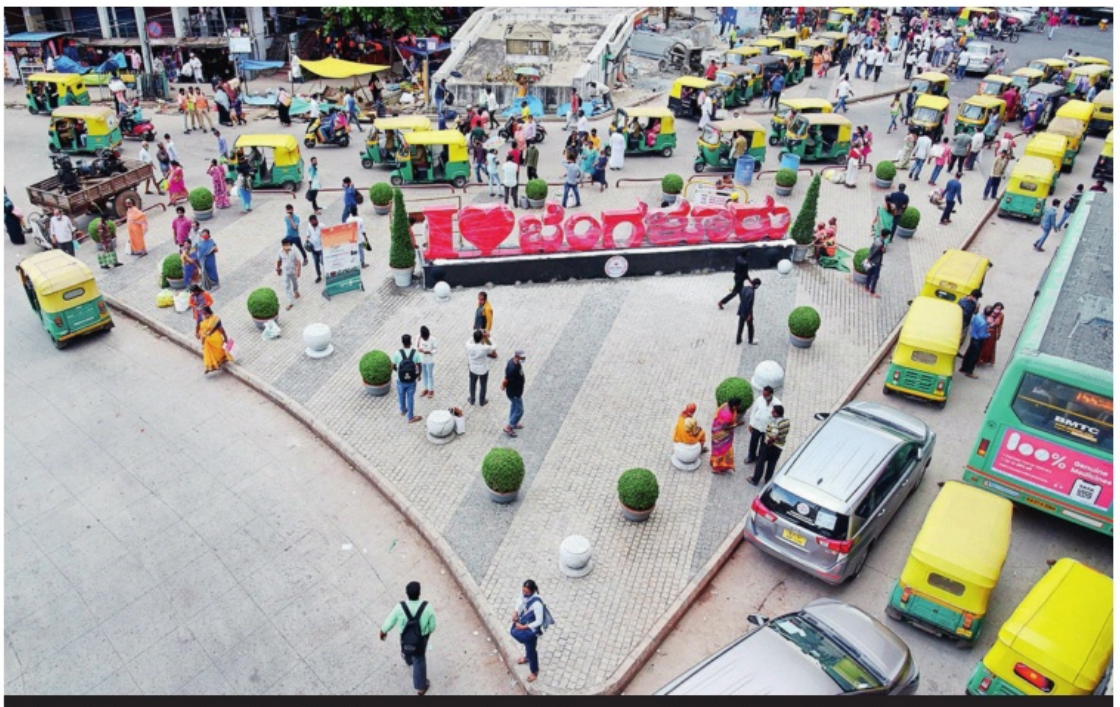

In Bengaluru, work worth Rs 1,076 crore have been taken up under the Smart City Mission

According to the Bengaluru Smart City Limited (BenSCL) website, 33 out of 49 projects have been completed in the city so far. However, the special purpose vehicle (SPV) has failed to meet the Centre's deadline of June 2023 as several big-budgeted projects are yet to be completed.

The BenSCL was started in 2018 to start development work in the city under Smart City Mission guidelines. However, works undertaken in the city have not been up to the mark, according to the citizens, and on top of that projects have been delayed too.

According to its website, BenSCL has completed 33 projects and 16 projects are ongoing. However, according to a response provided by BenScl in an unstarred Rajya Sabha question in March 2023, 14 projects are ongoing and 36 projects have been completed. In Bengaluru, works amounting to Rs 1,076 crore have been taken up, out of which work estimated for Rs 747 crore has been completed and work worth Rs 329 crore in progress. In Karnataka, 916 projects worth Rs 15,873 have been taken up.

The ICCC - (Integrated Command and Control Center) project is yet to be formally launched. It is learnt that BenSCL has already started running the portal.

"Smart City works do not meet the quality requirements and also fail to monitor their contractors. Works remain unfinished and Miller Road had to be tarred twice. Streetlights don't function properly and chamber covers do not match with road surface levels. Some of the works do not have a holistic approach. For instance, they have built a gardening area in front of a shelter in the Cantonment Railway Station which is making people have to jump over the structure to board buses. In another situation, they removed an HRPC near Jain Hospital on Millers Road forcing pedestrians to risk their lives crossing a road," said civic activist Rajkumar Dugar, adding that officials say smart city roads cannot have speed breakers. According to Dugar, residents of Miller Road have suffered for two-three years and still, works are not up to mark. "Numerous letters and complaints have been filed with no action. There is a grievance redressal system and even BBMP engineers cannot reach out to them," he said.

It's not just citizens, even former BBMP Chief Commissioner Gaurav Gupta had written to BenSCl about inefficient work in executing the TenderSURE road project in 2021.

Smart Mission was started in June 2015 to provide for the core solutions in the areas of adequate water supply, assured electricity supply, sanitation, including solid waste management, efficient urban mobility and public transport, affordable housing, robust IT connectivity and digitalisation, good governance, especially e-governance and citizen participation, sustainable environment, safety and security of citizens, health and education.

> **Many complaints have been filed. There is a grievance redressal system but even BBMP engineers can't reach out to them**
> –Rajkumar Dugar, activist

Across the country, the mission is spread over 100 cities. As of October 25, there are 7,944 projects undertaken across cities worth Rs1,70,924 crore; 1,756 projects worth Rs 57,126 crore are ongoing and 6,188 projects worth Rs 1,13,798 crore are completed.

Arson was act of revenge

A dog owner was detained on Thursday after he allegedly attacked a woman who had complained to the police about being bitten by his pet dog.

It is said that two vehicles belonging to the complainant Pushpa's were set on fire by the accused, who has been identified as Nanjunda Babu.

The bike and scooter were set afire in the limits of Kothanur police station. Pushpa had complained to the cops that Babu's pet dog had attacked her while she was walking to work, close to the Venugopala Swamy temple. She was taken to a neighbouring hospital by locals who rushed to her aid. After the complaint was filed, the accused had threatened to take action.

The victim was given the assurance by Babu's family that they would cover all of her medical expenses till she fully recovered.

However, the victim filed a complaint when they did not follow through on their commitments.

The victim stated that she had borrowed money from a chit fund because she lacked the necessary cash for the medical bills. This infuriated the accused, who on Tuesday, allegedly set the victim's scooter and her son's bike afire. — BMB

Rudra makes breakthrough

The Bangalore Metro Rail Corporation Limited (BMRCL) tunnel boring machine (TBM) Rudra has taken 100 days to complete tunnelling from Lakkasandra station to Langford town station. Earlier, the TBM completed 613.2 m between South ramp and Dairy Circle station, and 746.2 m between Dairy Circle station to Lakkasandra station. Rudra has now completed 100% tunnelling. It's the 7th TBM to complete its drives. The TBM was first launched on July 14 and has completed the final breakthrough on Thursday. — BMB

Advance traffic management is still under cover

Signals have been installed but as of now they have been covered up with green cloth as DULT postpones launch

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The much-awaited launch of the Advance Traffic Information and Management system has been delayed. According to the sources, the launch has been postponed to December.

Reacting to this, several citizens said that these are progressive initiatives on traffic management, but unless there is strong enforcement on the ground, their purpose will be defeated.

"We cannot expect better traffic when there are hordes of serial violators with multiple offences running free. They set bad precedents," said Anil, a citizen.

Another citizen, however, said that this may not prove very helpful. "It's not of great use. Mainly we need public transportation. Government has to ensure speedy construction of the metro and introduce a rapid bus system on priority. Only then can traffic congestion be reduced," he said.

Earlier, the Directorate of Urban Land Transport (DULT) intended to install smart signals at 28 intersections in order to alleviate the traffic problems in the city by September 2023.

However, DULT hasn't given any reason on why the launch is being delayed.

As of now, the traffic lights have been installed, which are a component of the Advanced Traffic Information and Management System (ATIMS) project. These signals will track traffic at each intersection in real-time and modify the timing of the signals to minimise vehicle wait times.

> **We cannot expect better traffic when hordes of serial violators are running free**
> –Anil, citizen

These signals are now covered with green cloth on many junctions.

Some citizens say they should have at least used any other colour to cover up the signals as the green cloth is leaving motorists confused.

"They must use different coloured plastic at least. At Indiranagar BDA Complex, from a distance, I thought the signal was all green and realised later that it's green plastic cover," a citizen posted on X.

Bengaluru rebranding: Let's fix basics first

Citizens' Action Forum emphasises tackling underlying problems before giving Bengaluru makeover

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According to CAF volunteers, for Brand Bangalore to be successful the brand should truthfully represent the city, and merely cosmetic changes or attempts to project a false image will not suffice in the long term

Deputy Chief Minister DK Shivakumar's efforts to enhance Bengaluru's image have garnered mixed responses, with Citizens' Action Forum (CAF) emphasising the necessity of addressing underlying issues before attempting to rebrand the city.

Several meetings have occurred over the past few months to discuss strategies for improving Bengaluru's image, with various stakeholders offering their insights. According to CAF volunteers, Brand Bengaluru is a commendable concept but must be built sustainably and holistically. The volunteers believe that a successful brand should truthfully represent the city, and merely cosmetic changes or attempts to project a false image will not suffice in the long term. Fundamental changes are required in how the city operates and the services it provides.

The CAF sent a letter, signed by its president Vijayan Menon, to Deputy Chief Minister DK Shivakumar on October 25, stating that the CAF would like to examine the exercise without in any way detracting from the fact that Brand Bengaluru has to be built and strengthened, and at a fundamental level, the concept of a brand is synonymous with its intrinsic values. "Brand Bengaluru is not painting a wall or an old structure. The government has to address the pressing problems in the city," said Vijayan Menon.

The CAF has cautioned the Deputy Chief Minister regarding measures to fix Bengaluru's image. They argue that the city will be known as 'Dirty Bengaluru' if sewage continues to flow into stormwater drains and garbage is not promptly cleared.

If urban poor and peripheral areas do not receive daily water supply and rely on private water suppliers, the city may become 'Thirsty Bengaluru'. Violations of building bye laws, zoning laws, and other regulations could lead to 'Lawless Bengaluru'. Unlawful parking, sidewalk encroachments, and road congestion could result in an 'Uncaring City'.

Furthermore, if public works remain substandard, infrastructure remains incomplete, and noise pollution, pollution, and lung diseases increase, the city might be referred to as 'Decaying Bengaluru'. The disappearance of green cover and the deteriorating quality of residential areas could lead to 'Unsustainable Bengaluru'. Lack of elections to the BBMP Council, failure to devolve power as mandated by the Constitution, and arbitrary decision-making could transform the city into an 'Undemocratic Bengaluru'.

> **"Brand Bengaluru is not painting a wall or an old structure. The government has to address the pressing problems in the city**
> – Vijayan Menon, President, CAF

"The authorities should conduct a study on what Bengaluru needs by using Constitutional tools. It is not that no studies or surveys were conducted in the past," said CAF Joint Secretary Nitin Seshadri.

The CAF made some suggestions, including starting with a series of white papers, using the single metric of quality of life to examine all development, putting the Constitutional method of city planning sincerely and fully in place, and recreating trust among the citizens of the administration.

All Souls Day in Bengaluru marred by trash troubles

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Christians across the world observes All Souls Day on November 2, a solemn tradition dedicated to praying for departed family members. In Bengaluru, this day draws thousands to cemeteries throughout the city to remember and honour their loved ones who have passed away. However, the sacred atmosphere is overshadowed by a pressing issue – the presence of garbage strewn in front of the Hosur Cemetery.

Members of various churches in Bengaluru have united in their concern and have penned heartfelt letters to the Bruhat Bengaluru Mahanagara Palike (BBMP), the city's municipal corporation, urging them to address the garbage menace that is resulting in the problem near the cemetery.

The letters, signed by representatives of the Sacred Heart Church, All Saints Church, and St. Patrick's Church, vividly highlight the problem of trash piling up along the roads leading to the cemeteries. They also raise concerns about heavy-duty vehicles being parked haphazardly, causing traffic jams and depriving other road users of much-needed parking space.

Peter Samson, a concerned member of Sacred Heart Church, said, "Despite numerous complaints made to the BBMP for removing garbage strewn around, nothing has been done about it. Thousands of people from all over the city come together on this solemn day, and to witness the garbage strewn in front and alongside the cemetery is an extremely disheartening sight for us."

Garbage strewn in front of the Hosur Cemetery

One person, on condition of anonymity, said, "The tradition of All Souls Day holds immense significance for the Christian community, as it is a day of remembrance and prayer for their dearly departed. It is a time when the faithful come together to pay their respects, light candles, and offer prayers for the souls of their loved ones. The presence of unsightly garbage and the chaos caused by heavy vehicles in the vicinity disrupt the occasion's solemnity."

Another citizen said, "It is disheartening to see the sacredness of this day tainted by the presence of garbage. We want the BBMP to act swiftly, clear up the space, and further monitor the place to keep it clean and tidy."

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Numerous hurdles

Margondanahalli

Margondanahalli faces multiple challenges, including a lack of bus service at Halehalli, poor roads, and widespread garbage dumping in the area.

Garbage neglect

MTB Road

Concrete pipe on MTB Road repurposed as makeshift garbage bin; neglect in garbage collection at Minerva Circle, MTB Road, near JC Road by BBMP.

Double trouble

Commercial Street

Double-sided parking woes plague Jewellers Street on Commercial Street, sparking concerns and inconvenience at 4th Cross.

One more attempt for uniform academic calendar

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Chief Minister Siddaramaiah has directed the Higher Education Ministry to establish a common academic calendar. During a recent review of the higher education department, Siddaramaiah urged Higher Education Minister Dr MC Sudhakar to implement a uniform calendar of events, as the current varying timelines of university activities create inconveniences for candidates.

Despite being a longstanding aspiration, a universal academic calendar for all universities has remained elusive. The Karnataka Higher Education Council had previously formulated a shared calendar of events for academic activities in universities and degree colleges. Universities were mandated to adhere to this schedule for the academic year 2022-23, but its implementation never took off. In the previous year's calendar, degree course admissions across the state were scheduled to begin on July 11, with classes commencing between August 17-24.

Similarly, post-graduate admissions were set for October 15, with class initiations between November 2-14. However, these plans remained on paper, and this year's academic session has come and gone. If executed, the common calendar is only expected to materialise in 2024-25.

An official said, "So far, every university has set up its calendar of events, causing inconvenience and confusion among students. The council had recommended a common calendar, considering the plight of students. A lot of effort was made following consultations with Vice-Chancellors and Registrars of all the universities in the state. This calendar contained the schedule of the commencing date of semesters, admission period with/without fine, dates on which classes for the respective semester begin, dates on which classes for respective dates end, dates on which examination and valuation commence, and the date of announcement of results, details of holidays, etc. A total of 6 undergraduate courses, 4 post-graduate courses, and 8 semesters of professional courses were considered while preparing the calendar. However, it is sad that this proposal never took shape."

CM has directed the Higher Education Ministry to establish a common academic calendar

During the CM's meeting, discussions were held about distributing laptops, tablets to the students and stipends to the Ph.D. students. CM directed the officials to take immediate action to construct a hostel to accommodate one thousand female students each of Arts and Science College in Mysore Maharani Arts College hostel premises at an estimated cost of Rs 99 crore. He said, "Rs 47 crore is available in the department, and he directed the finance department officials that additional grants should be provided in the next year's budget. I have asked officials to submit a proposal immediately regarding the renovation/construction of Maharani Science College, Mysore, which is in a dilapidated state. Since the universities were divided, the issue of the distribution of pensions of the old 5 universities was discussed in the meeting. Directions were given to improve financial discipline, transparency in recruitment and other issues in the higher education sector."

KESA under fire: Lease dispute sparks concern

PWD Principal Secretary initiates probe into unauthorised construction at KESA

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The Karnataka Engineering Service Association (KESA) finds itself in the midst of controversy, with a complaint lodged by an activist with the Karnataka Lokayukta alleging a breach of the lease agreement concerning its premises within the Public Works Department (PWD) compound near KR Circle on Nrupathunga Road.

The KESA, responsible for devising project plans and ensuring adherence to the original blueprint, now faces questions regarding its compliance with the lease agreement. To address this issue, the Principal Secretary of the PWD issued a letter on October 10 to the Chief Engineer of the PWD, instructing the submission of all relevant documents as directed by the Karnataka Lokayukta. Furthermore, the letter calls for submitting an action-taken report concerning the alleged unauthorised construction activities within the KESA building.

Before this, the BBMP Vasanthnagar Subdivision assistant executive engineer issued a notice to the KESA on September 19, directing it to submit all the documents, including the sanctioned plan, of the building within seven days. The foundation stone for the KESA building was laid by the chief minister of that time, B S Yediyurappa, on September 15, 2008. The then chief minister, Basavaraj Bommai, inaugurated the KESA building on September 15, 2021.

Construction on the ground floor of Karnataka Engineering Service Association building

> **"The PWD has renewed the lease period to KESA for 30 years, which is against norms. The government or the PWD has to reclaim the land leased for 10 years**
>
> –Dinesh Ganiga, an RTI activist

Describing the ongoing construction at the KESA building as illegal, Dinesh Ganiga, an RTI activist who filed a complaint with the Karnataka Lokayukta, has said the PWD has leased 9600 sq ft of a site for a mere Rs 1,000 per month. "The PWD has renewed the lease period to the KESA for 30 years, which is against norms. The government or the PWD has to reclaim the land leased for 10 years. However, the PWD has renewed the lease period for 30 years after completing the lease period of 10 years. It is unfair for the authorities to lease the land to the KESA when many government offices are functioning from rented buildings," said Dinesh Ganiga.

Meanwhile, PWD Principal Secretary Selva Kumar has said that he has received a complaint on the alleged illegal construction at the KESA building. "I have directed them to stop the construction work. As of now, the construction work is stopped," said Selva Kumar.

When informed, KESA secretary Kalkere said that the KESA did not violate lease agreement norms. "We are conducting training for engineers. We planned to construct a kitchen on the ground floor to supply food and refreshments for the engineers attending training programmes," said the secretary of KESA.

On the notice issued by the BBMP assistant executive engineer, he said that the BBMP assistant executive engineer has sought to submit the documents relating to the KESA building. "We promptly submitted all the documents sought by the BBMP . I think that a few people with vested interest have made baseless allegations against us," he said, adding that the building is still incomplete. However, the PWD Chief Engineer was not available for comment.

Illegal tiger claw: K'taka's final call for surrender

In response to a growing number of complaints accompanied by photographs of film actors and politicians wearing tiger claw pendants, Karnataka Forest Minister Eshwar Khandre declared on Thursday that individuals in possession of these illegal items will be given a final opportunity to surrender them to the government.

"There are regular complaints against those who wear necklaces with tiger claw lockets, and it is evident that most are unaware of the laws related to this crime. Legal recourses are being reviewed to provide a last chance to those in illegal possession of wildlife articles to return them to the government. Some people in rural areas keep deer skins, elephant ivory artefacts, deer and stag horns, etc., in their houses. They don't know it is a crime. After the Varthur Santosh case was reported, there have been more complaints about such illegal possession of wildlife products. We will provide an opportunity to the public to declare such possessions and return to the government," said Khandre.

Under the Wildlife Protection Act, killing, hunting, possessing, or wearing any article made from body parts of wild animals listed under Schedule I is a crime.

The Minister also requested television and movie personalities not to wear fake jewellery with animal body parts. He also informed that notices have already been issued to many for such acts.

"While they are wearing fake tiger lockets, many get inspired by them and end up possessing tiger claw lockets. This leads to an increase in the demand. This will lead to many animals being killed. Thus, given their social responsibility, we request dignitaries and actors not to encourage this.

The Minister also appealed to the jewellers not to indulge in manufacturing or selling jewellery with animal body parts. **–BMB**

He is the reliable jumbo

Majestic elephant, Abhimanyu, who carries idol of Goddess Chamundeshwari during annual Dasara festivity in Mysuru, is now being called for other missions by officials

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Now that Dasara has concluded, the natural question arises: what lies ahead for Abhimanyu, the majestic elephant who carried the golden howdah on Tuesday? Well, Abhimanyu is set to return to the forest, resuming the task for which he is renowned—the combing operation. On Tuesday, Abhimanyu undertook the significant responsibility of carrying the idol of Goddess Chamundeshwari, the revered deity of the Mysuru royals, on a 750-kg howdah adorned with gold.

Mysuru DCF Saurabh Kumar said, "For two months, Abhimanyu has been the cynosure in Mysuru as he gears up to carry the howdah during the annual Dasara. However, for the remaining 10 months, Abhimanyu is the most sought-after for carrying rogue wild elephants in the neighbouring districts. Abhimanyu is the first to be called for any operation involving the capture of tigers. In any rescue operation, Abhimanyu is the preferred choice. Abhimanyu, along with his mahout, Vasanta, is a formidable combination."

Vasanta is known for his calm and composed character, and together with Abhimanyu, they assist in capturing elephants. This duo has been a boon to forest officials, offering their invaluable help.

"Abhimanyu was captured in Kodagu in 1970 and has been in Dasara service since 2012. During the covid years, they commenced carrying the howdah. Abhimanyu is externally a cool guy and has full control over his partner Vasanta. This is why he is instrumental in rescue operations," he added.

After the successful Dasara procession, the elephants were seen relaxing on Wednesday. The triumphant Jamboo Savari brought joy to mahouts and kavadis. Following the successful procession, the elephants indulged in a refreshing bath in a specially created tank.

Mighty tusker Abhimanyu performed his task as the lead elephant during Dasara procession in Mysuru

> **Since 2004, I have been painting them. For each elephant, I require at least 1.15 hours for painting, but for Abhimanyu, I would need 2 to 2.5 hours**
>
> –Nagalingappa Badiger, an artist

Wednesday marked the beginning of their well-deserved break after consistent practice sessions. Many elephants were observed joyfully playing in the water. Officials credited the elephants' participation, continuous practice, and diligent care for the seamless conclusion of the Dasara festivities without any issues.

However, it's not uncommon for some elephants to resist returning to their camps after Mysuru Dasara. In previous years, Srirama, one of the elephants, declined the truck and instead headed to the bath area for another 'royal bath.' Forest personnel had to enlist the assistance of Captain Abhimanyu to persuade Srirama to follow the forest route.

Amidst the awe-inspiring spectacle of elephants in action on Tuesday, many viewers were captivated by the intricate paintings adorning the elephants. This artistic endeavour demands special skills and takes at least two hours per elephant.

Artist Nagalingappa Badiger added, "Since 2004, I have been painting them. For each elephant, I require at least 1.15 hours for painting, but for Abhimanyu, I would need 2 to 2.5 hours. We paint Ganda berunda, conch, and Chakra with a leaf design for the eyes. Sometimes, elephants get disturbed during the painting process. As I have had practice for a long time, I approach it with patience, but at times, it can be challenging. The colours used are chemical-free."

Last mile: Private feeder services are key

CONTINUED FROM PAGE 1

they need to be incentivised with government subsidy.

"Standalone public transport systems are largely unsustainable. The government has internalised the view that the public transport system does not require subsidy. In fact, in the current conditions, it might be more expensive for private players to operate. This would lead to a lack of participation or operation in limited areas. But, there is no doubt that BMTC is short of 10,000 buses and additionally, the Shakti scheme already allows for free travel for women. If private players are allowed, a decision must be taken on whether the government will provide the subsidy or private players will have to operate under losses," he said.

Meanwhile, the Karnataka private transport operators association representative noted that there are already 40,000 taxicabs registered in Bengaluru.

"Privatisation of metro feeder buses is already allowed in few places like Delhi and Kolkata. We demand the government provide this opportunity for the private sector. However, the cost of operating will depend on the type of vehicles and routes. BMTC does not understand last-mile connectivity and should run buses of limited capacity with 20-25 seats. Unfortunately, there is no permit for mini buses but for taxicabs. Out of 2.5 lakh buses across Karnataka, we have 1,20,000 maxi cabs and out of them 40,000 ply in Bengaluru. School buses can be operated as metro feeders too," said the president of the Federation of Karnataka State Private Transport Operators' Association, S Nataraj Sharma.

Birth pangs: 'There's shortage of trained vets'

Garima Prasher
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TWEETS @BangaloreMIRROR

In clear violation of guidelines, a heavily pregnant elephant, Nethravathi, gave birth to a calf just hours before the Shivamogga Dasara procession began on Tuesday. Nethravathi was brought from the Sakrebailu camp to Shivamogga for the Jumboo Savari. According to Karnataka Forest Department officials, while a medical examination, as per ETF guidelines, was performed before selecting elephants for the procession, neither the officials nor veterinarians had information about the pregnancy.

"We decided to get a pregnancy test done this year after a pregnant elephant was taken to Mysuru for the Dasara procession last year unknowingly. Doctors conducted sample analyses, and regular health checkups were conducted too. However, the signs were not visible for reasons unknown," said a senior official from the Karnataka Forest Department (KFD).

While officials claim ignorance, the incident has brought back the issue of guidelines for the care and management of captive elephants not being followed.

According to the guidelines of Project Elephant 2008 from the Ministry of Environment and Forests, cow elephants in an advanced stage of pregnancy shall not be transported by trucks. No owner shall put to work any elephants having a pregnancy of 12 months and above. It also iterates that any cow elephant having a sucking calf of age below 6 months or any elephant of height below 5 feet using "peti" (belly band) on cow elephants in an advanced stage of pregnancy shall be considered acts of cruelty to elephants and is prohibited.

An elephant gave birth just hours before the procession

Wildlife conservationists and experts highlight the lack of trained wildlife veterinarians in the Karnataka Forest Department. They opine that a wildlife specialist would not have missed the condition of the elephant.

"Project Elephant guidelines make medical, fitness, and transport certificates mandatory for any such participation. The medical certificate process should have highlighted the pregnancy. The issue that needs to be addressed is the lack of a trained wildlife veterinarian with KFD. The department does not have a single wildlife veterinarian. A wildlife specialist would have spotted the condition," said Ramesh Belagere, a wildlife researcher at the Foundation of Ecology and Education Development.

> **Wildlife conservationists opine that a wildlife specialist wouldn't have missed the condition of the pregnant elephant**

There are many signals. For instance, every female elephant above 10 years of age undergoes an estrous cycle every three months. When in the reproductive cycle and not pregnant, they pass white discharge along with urine. When an elephant is pregnant, this discharge stops. Such information should be passed on, added Belagere.

The KFD officials agreed. However, they also pointed to the shortage of female elephants in elephant camps.

"There is a major shortage of trained veterinarians in the department, and all doctors are brought in from the Animal Husbandry Department. However, we are contemplating training our doctors so such lapses do not occur in the future. We are also looking at developing better protocols of observation and analysis while providing health and fitness certificates to the animals. Moreover, camps mostly have male elephants, as they are the ones involved in the majority of the conflict cases," said the KFD official.

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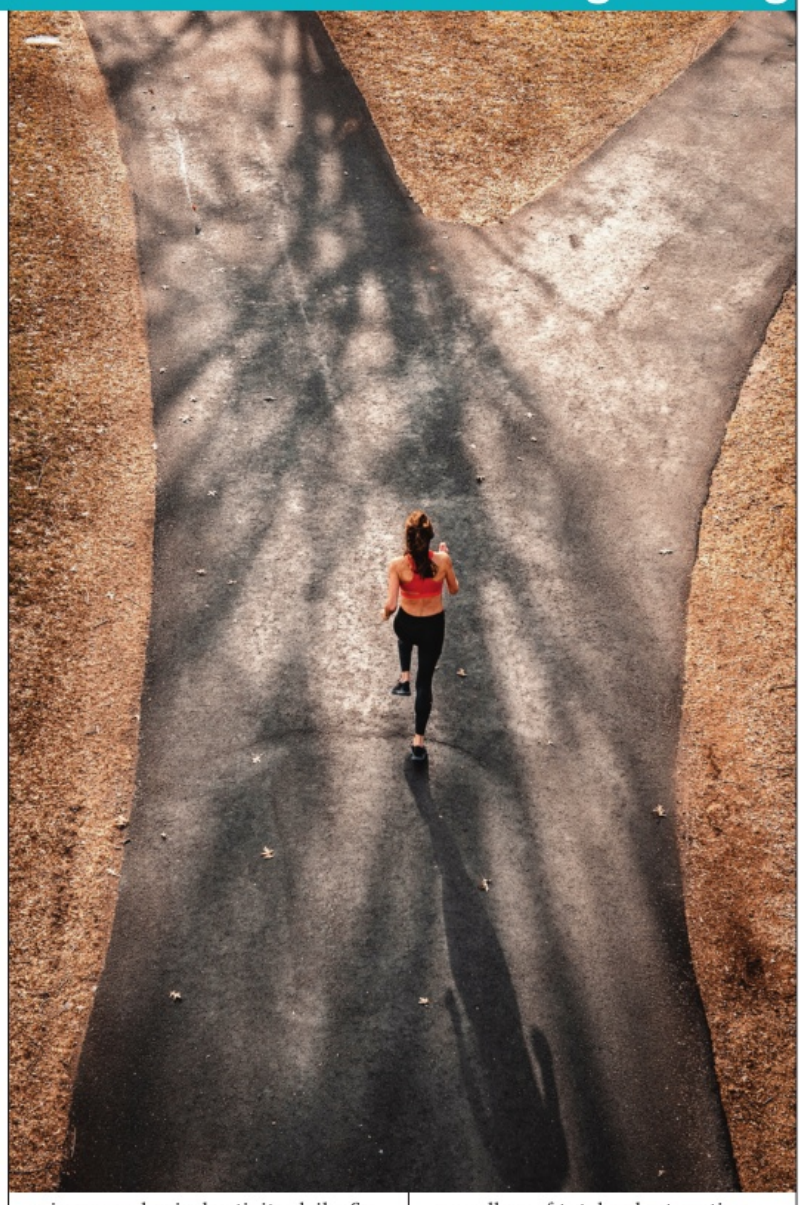
22-MINUTE CURE

Exercise can reduce health risks from sitting too long

People in developed countries spend an average of nine to ten hours a day sitting. Whether it's spending time in front of a computer, stuck in traffic, or unwinding in front of the TV, our lives have become increasingly sedentary.

This is concerning because prolonged time spent sitting is linked to a number of health issues including obesity, heart disease, and certain types of cancers. These health issues can contribute to earlier death.

But a new study suggests that for people over 50, getting just 22 minutes of exercise a day can lower the increased risk of premature death from a highly sedentary lifestyle.



What the researchers did

The team combined data from two studies from Norway, one from Sweden and one from the United States. The studies included about 12,000 people aged 50 or older who wore wearable devices to track how active and sedentary they were during their daily routines.

Participants were followed up for at least two years (the median was 5.2 years) during the study period, which spanned 2003-2020.

Analyses took several lifestyle and health factors into account, such as education, alcohol intake, smoking status, and previous history of heart disease, cancer and diabetes. All this data was linked to national death registries.

A 22 minute threshold

A total of 805 participants died during follow up. The researchers found people who were sedentary for more than 12 hours a day had the highest risk of death (a 38% higher risk than people who were sedentary for eight hours).

However, this was only observed in those who did less than 22 minutes of moderate to vigorous physical activity daily. So for people who did more than 22 minutes of exercise, there was no longer a significantly heightened risk – that is, the risk became generally similar to those who were sedentary for eight hours.

Higher daily duration of physical activity was consistently associated with lower risk of death, regardless of total sedentary time. For example, the team reported an additional ten minutes of moderate to vigorous physical activity each day could lower mortality risk by up to 15% for people who were sedentary less than 10.5 hours a day. For those considered highly sedentary (10.5 hours a day or more), an additional ten minutes lowered mortality risk by up to 35%.

The study had some limitations

The team couldn't assess how changes in physical activity or sedentary time over several months or years may affect risk of death. And the study included only participants aged 50 and above, making results less applicable to younger age groups.

Further, cultural and lifestyle differences between countries may have influenced how data between studies was measured and analysed.

Ultimately, because this study was observational, we can't draw conclusions on cause and effect with certainty. But the results of this research align with a growing body of evidence exploring the relationship between physical activity, sedentary time, and death.

It's positive news

Research has previously suggested physical activity may offset health risks associated with high sedentary time.

The good news is, even short bouts of exercise can have these positive effects. In this study, the 22 minutes wasn't necessarily done all at once. It was a total of the physical activity someone did in a day, and would have included incidental exercise (activity that's part of a daily routine, such as climbing the stairs).

Several studies using wearable devices have found short bursts of high-intensity everyday activities such as stair climbing or energetic outdoor home maintenance activities such as mowing the lawn or cleaning the windows can lower mortality, heart disease and cancer risk.

Routines such as desk jobs can foster a sedentary lifestyle that may be difficult to shift. But mixing short bursts of activity into our day can make a significant difference towards improving our health and longevity.

Whether it's a brisk walk during lunch, taking the stairs, or even a short at-home workout, this study is yet another to suggest that every minute counts.

(By Matthew Ahmadi and Emmanuel Stamatakis, University of Sydney, The Conversation)

MIRRORLIGHTS

Brazil scientists developing new 'vaccine' for cocaine addiction

Scientists in Brazil, the world's second-biggest consumer of cocaine, have announced the development of an innovative new treatment for addiction to the drug and its powerful derivative crack: a vaccine.

Dubbed "Calixcoca," the test vaccine, which has shown promising results in trials on animals, triggers an immune response that blocks cocaine and crack from reaching the brain, which researchers hope will help users break the cycle of addiction.

Put simply, addicts would no longer get high from the drug.

If the treatment gets regulatory approval, it would be the first time cocaine addiction is treated using a vaccine, said psychiatrist Frederico Garcia, coordinator of the team that developed the treatment at the Federal University of Minas Gerais.

The project won top prize last week -- 500,000 euros ($530,000) -- at the Euro Health Innovation awards for Latin American medicine, sponsored by pharmaceutical firm Eurofarma.

The vaccine works by triggering patients' immune systems to produce antibodies that bind to cocaine molecules in the bloodstream, making them too large to pass into the brain's mesolimbic system, or "reward center," where the drug normally stimulates high levels of pleasure-inducing dopamine.

Similar studies have been carried out in the United States -- the world's top cocaine consumer, according to the United Nations Office on Drugs and Crime. But they stalled when clinical trials did not demonstrate sufficient results, among other reasons, Garcia says. Calixcoca has so far proven effective in testing on animals, producing significant levels of antibodies against cocaine and few side effects. The vaccine is now set to enter the final stage of trials: testing on humans.

Garcia says Calixcoca could reshape addiction treatment.

"There's no specific registered treatment for cocaine and crack addiction. We currently use a combination of psychological counseling, social assistance and rehabilitation, when necessary," he says.

— AFP

All you need to know about...

Danger of diabetes

Threat to bone health
Diabetes is emerging as a major threat to bone health, leading to osteoporosis, especially among the elderly population.

Bone and muscle mass
These are the findings of an ongoing study at the Sanjay Gandhi Post Graduate Institute of Medical Sciences (SGPGIMS).
Prof. Sushil Gupta, faculty, department of endocrinology, who is leading the study, said: "Bone health rests on two factors -- bone mass and muscle mass (sarcopenia). In fact, the relationship between bones and muscle mass was complementary to each other. A fall in one triggers a decline in the health of another. And our findings show that diabetes leads to a loss in both bone mass and muscle mass."

Poor intake of calcium
A former professor of orthopaedics department King George's Medical University (KGMU), Dr RN Srivastava said: "Poor calcium intake is the primary cause. The average daily intake is 200 mg per day which is way less than the recommended intake of 1000-1200 mg per day. Low exposure to sun -- the main and most reliable source of vitamin D -- is also a reason. Estimates show that over 70 per cent Indians are vitamin D deficient. Lack of physical activity is the third big cause."

Regular monitoring is a must
Stating that the findings of the study were significant, experts suggest that regular monitoring of both diabetes and bone health should be done to delay the possible complications.
"Poor bone health adversely impacts quality of life. In case of diabetics, bone health may also impact one's status of diabetes as poor bone health may limit or restrict one's physical activity," explained Dr Sunil Varma, a general physician and diabetologist.

—ANI

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I Ravikanth S/o Neelakantappa R/o No 6, Janapriya Abodes Kenchanahalli Rajarajeshwari Nagar B'luru-560098 have changed my name to Ravikanth Eklaspur for all purposes

I, Safiya Saleem Ahmed D/o Saleem Ahmed R/o No.6, 4th flr, Pent house, 4th main, Kempaiah block, JC nagar, Bengaluru 560006 have changed my name to SAFIYA SALEEM affidavit Dt.26/10/2023 notary Harisha G, B'luru

I, Sematti Haj Gnaniyar R/o No 9 E Block Bda Layout Lingarajapuram St.thomas Town, Bengaluru - 560084 have changed my minor son's name from Ibrahim to Ibrahim Sematti Haj Gnaniyar.

I, Shilpi Sunil Gupta D/o Sunil laxmikant Gupta R/o 08, kithiganuru village,padmesh - wari nagar, VTC: bidarahalli, Po: bidrahalli, Bengaluru 560049. have changed my name to Shilpi Gupta for all purposes

I, Amar Singh Gill Gill S/O, Gurtej Singh Gill R/o #R1137, Brigade Bricklane, Kogilu Main Road, Near Brigade Northridge, B'lore-560064 have changed my name to Amar Singh Gill for all purposes.

I Angel Nithya D/O, Ramesh K R/o 168, 1st Floor, 3rd Cross, Viveknagar Further Extension, Bangalore 560047 have changed my name to R Angel Nithya .

I, VIJAY KUMAR CHIN RAJ S/o Chinraj, R/at No.25/2, 1st Main, Gowthamapuram, Ulsoor, Bangalore-560008, have changed my name to VIJAY KUMAR CHAINRAJ, vide affidavit dated 23.10.2023 before notary B.H Rajendra, B.lore.

I Sadhana Kumari W/O, Anil Kumar Singh R/o T.g. Lake Vista, C-222, 152/2, Aces Layout, Begur Singasandra Road, Begur Lake, Bangalore - 560068 have changed my name to Sadhana Singh.

I, Sematti Haj Gnaniyar R/o No 9 E Block Bda Layout Lingarajpuram St.thomas Town, Bengaluru - 560084 have changed my minor son's name from Ismail to Ismail Sematti Haj Gnaniyar.

I, Noor Ayesha Pasha W/o Nadeem Pasha R/o #45 3rd cross, kanakanagar RT nagar Post B'lore-560032 have changed my name to Noor Ayesha for all purposes.

I, Ferjanabegum D/o Abdul Khadar R/o Bait E Noor, no 28, 4th Cross, Someshwaranagar, Jayanagar 1st Block B'lore 560 011 have changed my name to Farzana Begum for all purpose

I Saleem Ahmed Abdul Shukoor s/o Sattar Abdul Shukoor R/o No.6, 4th flr, Pent house, 4th main, Kempaiah block, JC nagar, Bengaluru 560006 have changed my name to SALEEM AHMED affidavit Dt.26/10/2023 notary Harisha G, B'luru

I, Sarita Acharya w/o Santhosh Kumar Acharjya R/o Flat.401, 4th flr, Vars Tranquil Apt, 1st main, Koramangala, 4th block, Bengaluru 560034 have changed my name to Sarita Acharjya Affidavit Dt.26/10/2023 notary Harisha G, B'luru

LOST & FOUND

I, R Madhu, S/o M Ramegowda, R/o Kolala, Kodigehalli, Dabbeghatta Hobli, Turuvekere, Tumkur - 572224, have lost my original Sale Deed Document No. PNY-1-04893-2009-10 in between 01.08.2023 & 21.10.2023 while shifting house at Yeshwantapura, Bengaluru. I have given police complaint, ref: lost Report No. 0776242/2023 on 21.10.2023 in this regard. If found please contact on 6360840519

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> It's raining cats and dogs in Sri Lanka so I've not been able to play much, it's mainly been indoor training
> — Sri Lanka's Angelo Mathews

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Sri Lanka push England closer to World Cup exit

Eight-wicket thrashing leaves defending champions with slim chance to make it to semis

PICS: KAUSHIK JN

Sri Lanka was in perfect form all the way at their World Cup match against England, at Chinnaswamy Stadium in Bengaluru on Thursday

#BENGALURU

Sri Lanka pushed dismal England to the brink of World Cup elimination on Thursday when they handed the defending champions an eight-wicket thrashing.

It was a second win in five games for 1996 champions Sri Lanka.

However, England now have four defeats and just one victory and need to win their remaining four matches to maintain their slender hope of sneaking into the semi-finals.

Chasing just 157 to win, Sri Lanka reached 160-2 with 146 balls to spare thanks to in-form Pathum Nissanka and Sadeera Samarawickrama.

Nissanka hit an undefeated 77, his fourth successive fifty at the tournament, off 83 balls with seven fours and two sixes, the second of which ended the contest when he launched Adil Rashid over long-on.

Samarawickrama was 65 not out from 54 balls with seven fours and a six to follow the 108 he made against Pakistan and 91 in the win over the Netherlands.

Earlier Ben Stokes top-scored for England with 43 but even he was unable to perform one of his trademark rescue missions as Sri Lanka ripped through their rivals in just 33.2 overs.

England, who won the toss and chose to bat, started briskly, reaching 45-0 by the seventh over before veteran all-rounder Angelo Mathews struck. Former skipper Mathews, who was called up to replace the injured Matheesha Pathirana after initially being left out of the 15-man squad, is appearing in his fourth World Cup. The 36-year-old, bowling in an ODI for the first time since March 2020, had Dawid Malan caught behind after the opener had made 28.

Mathews also effected the run-out of Joe Root (three) before also claiming the wicket of the recalled Moeen Ali (15). In between, opener Jonny Bairstow became Kasun Rajitha's first wicket of the match after making 30 off 31 balls.

Buttler, on eight runs, and the returning Liam Livingstone, with just one to his name, fell to fast bowler Lahiru Kumara, the man-of-the-match. "I'm very happy with my performance, I've worked really hard for it," said Kumara. "Angelo has a lot of experience. It was really great to have him back."

Chris Woakes's dismal World Cup continued when he fell to Rajitha for nought leaving England on 123-7 in the 26th over. Woakes had been dropped for the 229-run rout at the hands of South Africa but his return was over in just four balls with Sadeera Samarawickrama just clinging onto a low catch at point.

Stokes, at the non-striker's end, suggested that the catch was not clean but the batsman was given out on review.

Once Woakes was gone, England's hopes rested on Stokes but he fell for 43 when he holed out to substitute fielder Dushan Hemantha off Kumara.

Stokes's runs came off 73 balls with six fours as England slumped to 137-8.

Rashid was run out in comical fashion when wicket-keeper Kusal Mendis spotted he had wandered too far down the wicket.

Spinner Maheesh Theekshana finished things off by having Mark Wood stumped for five. **-AFP**

'No clear answer at the moment'

Following his side's eight-wicket loss to Sri Lanka in the ICC Cricket World Cup, England skipper Jos Buttler said on Thursday that he cannot point out a reason why his side has had a disappointing tournament so far and admitted that he himself has been far from best in this tournament as a captain and player.

"It has been an incredibly tough and incredibly disappointing tournament. Disappointed in myself and all the boys that we have not shown a good account of ourselves. There is no clear answer at the moment [as to why that's the case]. Cannot really fault the boys' efforts but we are playing a long way short of our best. It starts from the front, as Captain you want to lead from the front and play well and I have been a long way short of my best. [Confidence drained away?] Not really to be honest, there are a lot of experienced cricketers in the room, who have been through a lot - confident people. You don't become a bad player overnight, you don't become a bad team overnight."

"I think that's probably the biggest frustration, that we have been so far short of our best, and for no obvious reason. Just can not put my finger on it at the moment. [uncertainty over strategy?] Selection is something you want to be consistent, build that trust. But selection is not a problem at the moment, performance is. Whoever has been on the field so far has been short of the standards we set ourselves. The kind of mistakes we are all making, you do not see that usually. We have not been doing the basic things well. [What to cling to?] The biggest thing is personal pride, whatever happens in the rest of the tournament we want to give a good account of ourselves going forward," he added. **-ANI**

Pakistan believe 'miracles can happen'

#CHENNAI

Pakistan all-rounder Shadab Khan insisted Thursday that his under-performing teammates believe "miracles can happen" as the former champions enter a "do-or-die" battle to rescue their faltering World Cup campaign. After starting brightly with wins over the Netherlands and Sri Lanka, the 1992 champions have been well beaten by India and Australia before being humiliated by neighbours Afghanistan last time out.

On Friday, they face another test of their resources against free-scoring South Africa who have four wins in five games and have shrugged off their shock loss to the Netherlands.

"We have under-performed in all three departments -- batting, bowling and fielding," said Shadab.

"We have not played good cricket but have bounced back from such situations."

Babar Azam during a practice session in Chennai, on Thursday

With four group games to play, Pakistan can still make the semi-finals but there is little margin for error.

"If you have belief, miracles happen," said Shadab, the deputy to skipper Babar Azam. We have not played like we were playing before the World Cup but from tomorrow we have to start a winning streak."

He added: "When you are in a do-or-die position then I think the pressure is less because you have nothing to lose."

Shadab has been one of many in the Pakistan squad who has yet to fully fire.

The 25-year-old leg-spinner has just two wickets at 90.00 and scored 74 runs in three outings. He was dropped for the match with Australia before being recalled to face Afghanistan. "When you don't do well the criticism is valid but there are ups and downs in a player's performance so I am confident that I will improve," said Shadab who scored 40 in the losing cause against Afghanistan.

Shadab insists the shock eight-wicket defeat to Afghanistan in a game also played at Chennai is now behind them.

Victory, he insists, will hopefully quieten the criticism which has grown steadily since the eighth loss in eight World Cup meetings to India. **-AFP**

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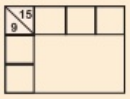

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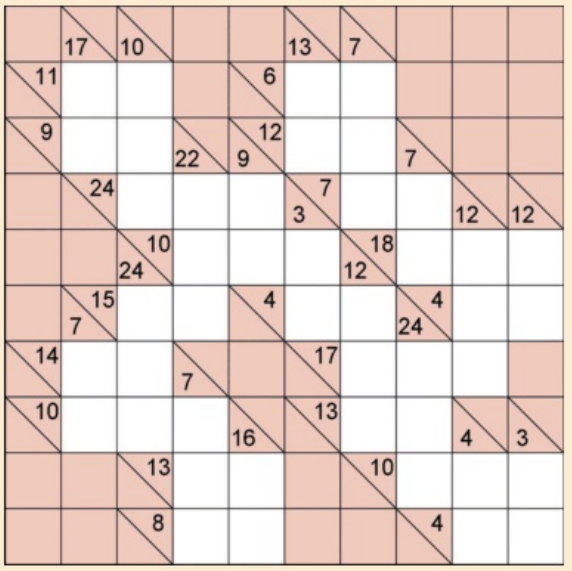

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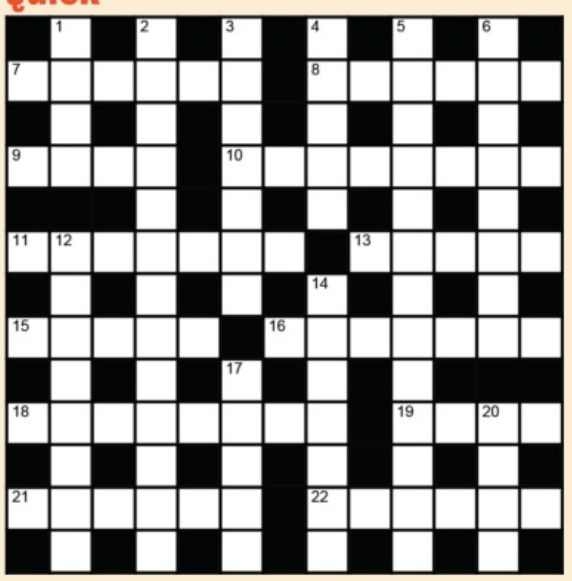

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9 A wild pig (4)
10 Resistance (8)
11 Name made up of initials (7)
13 Excessive interest (5)
15 Non reactive (5)
16 A picturesque landscape or view (7)
18 Break one's journey (4,4)
19 Adolescent (4)
21 Maintained (6)
22 A mass departure (6)

DOWN

1 Ring of light (4)
2 Ballet arranger (13)
3 ___ Goswami : Khatta Mitha is one of her movies? (7)
4 Wins a trick by using a trump (5)
5 Arranged killing (13)
6 Magician or wizard (8)
12 Monument to the dead (8)
14 More meagre (7)
17 Avoid or dodge (5)
20 Australian birds (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: G EQUALS U

DWEWEZWD QXAP: UMGD ZMJU AP UMGD PFYHW; AQ TMDVP KMD UMG.

Linemaro

I usually don't say it on the first date, but will you marry me?

Mindchow

The first symptom of love in a young man is timidity; in a girl boldness

Joke of the day

This isn't an office. It's hell with fluorescent lighting

Loop

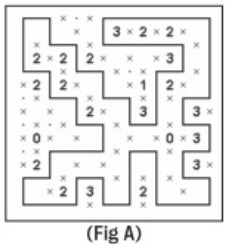
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

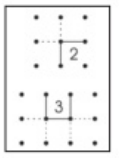
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

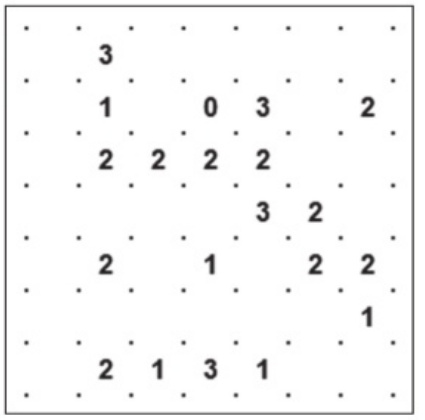
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



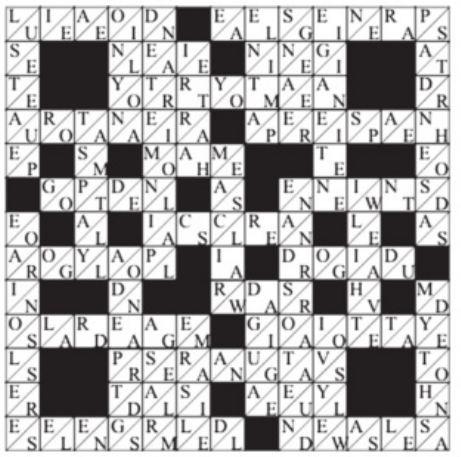
(Fig A)



(Fig B) Not Allowed



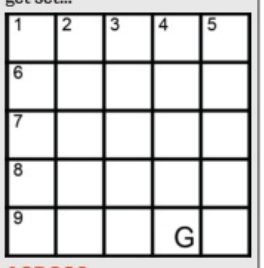
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Sir BC; 6 Siren;
7 Oasis; 8 N Huck;
9 Is gee

DOWN

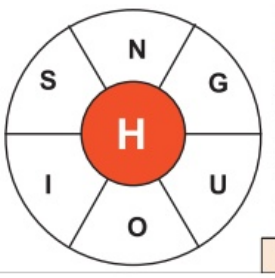
1 Or CCs; 2 Irish;
3 Is use; 4 Begin;
5 Skean

Mensapuzzle

Spiral clockwise round the perimeter and finish at the centre square to spell out a nine-letter word. You must find the starting point and provide the missing letters.

B	E	R
I	E	
	T	A

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; 06 Good; 08 Outstanding

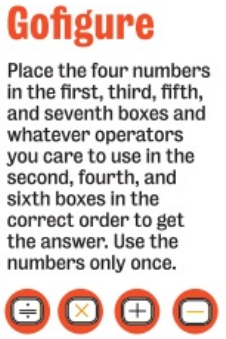
SudokuChallenge

9			7		3	5		
5				2		6		7
				9				
		3	4		9		2	8
	4						3	
8	2		3		5	7		
				3				
3		6		4				9
		2	8		7			3

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 5

2 5 7 9

Medium = 17

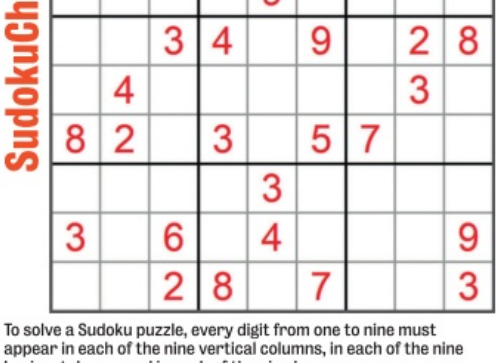
4 4 4 5

Hard = 4

5 7 8 6

Hocusfocus

Find at least six differences in details between panels.



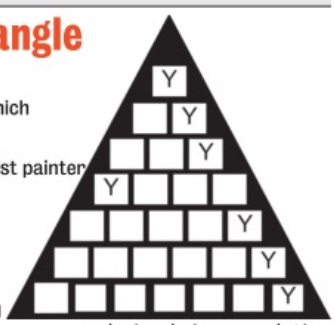
Differences: 1. Arm is moved. 2. Phone cord is different. 3. Drawer is missing. 4. Diploma is lower. 5. Finger is moved. 6. Doctor's collar is different.

Riddler

What do the following word pairs have in common? Tubs, Star Jolt, Inks Dabs, Czar Pint, Ohms Beet, Adds

Alpha triangle

1 Second last letter
2 New York, abbr.
3 One, no matter which
4 Yin's counterpart
5 Spicy
6 American surrealist painter
7 Mischievous



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

The warden is revoking your crayon privileges.
Wayno & Piraro 8-14-23
Dist. by King Features
BIZARRO.COM ©2023 BIZARRO STUDIOS

Diamond Lil

AND NOW, "HERCULES VERSUS A CHEATING HUSBAND"
THINK HE'LL WIN?
ARE YOU KIDDING?
HE'S GONNA BEAT HIM WITHIN AN INCH OF HIS WIFE
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Hart of the city

HEART, WILL YOU GO TO THE DANCE WITH ME?
I'LL THINK ABOUT IT.
FAIR ENOUGH!
BUT THINK ABOUT SAYING YES.
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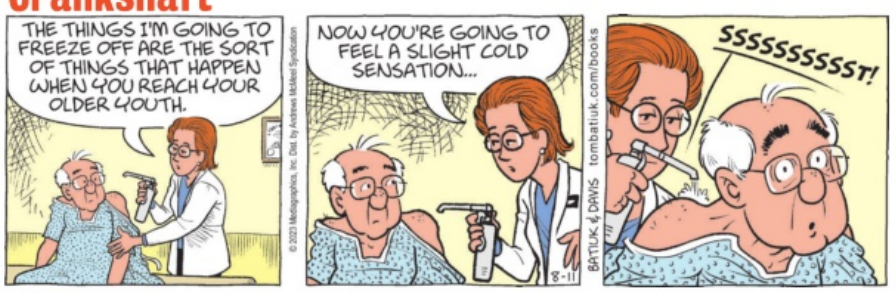
Crankshaft


THE THINGS I'M GOING TO FREEZE OFF ARE THE SORT OF THINGS THAT HAPPEN WHEN YOU REACH YOUR OLDER YOUTH.
NOW YOU'RE GOING TO FEEL A SLIGHT COLD SENSATION...
SSSSSSSSST!
BATIUK & DAVIS tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may find happiness and be blessed by the moon, leading to a sense of well-being that reflects in your work performance. You'll excel in various areas of life, which will enhance your reputation. Your concentration will be excellent, enabling you to make challenging business decisions that promote growth.

Taurus Apr 21 – May 20
Today, your vitality may decrease, and old illnesses may resurface, causing distress. It's advisable to avoid adventurous trips and reckless driving. Steer clear of legal entanglements and consider settling disputes outside of court. Avoid engaging in arguments on trivial matters, and you may also contemplate planning an overseas tour.

Gemini May 21 – Jun 21
Today, you start your day with happiness. At work, you'll make quick decisions that enhance your management skills, leading to future benefits. Expect a new source of income that will boost your savings. You may invest capital in your business with the help of your partner. Your bond with your spouse will strengthen, fostering domestic harmony.

Cancer Jun 22 – July 23
Today, work commitments may leave you tired and unable to devote proper time to family gatherings. However, you'll expand your international network, but exercise caution in terms of investments. Jobholders may anticipate promotions.

Leo Jul 24 – Aug 23
Today, the situation is under control, and destiny may favour your business gains. You'll reap rewards for your hard work, making it a good time to restart postponed projects. Peaceful religious travel is on the horizon, and you may consider making donations to religious places or charities.

Virgo Aug 24 – Sep 23
Today, the moon is not in a favourable position, leading to potential health issues and business or investment losses. It's advised to refrain from investing in business, as gains may turn into losses. Avoid getting embroiled in controversies, which could have negative consequences.

Libra Sep 24 – Oct 22
Today, you are blessed by the moon, and good news related to your profession is expected. Domestic life will be filled with joy. Refrain from engaging in arguments about insignificant matters, as excessive excitement may test your patience. Consider making important decisions about real estate investments. Students will maintain their focus on their studies.

Scorpio Oct 23 – Nov 22
Today, you are blessed by the moon, and love is in the air in your personal life. Singles may find suitable matches, and your professional life is likely to improve. Friends and subordinates will support you. Investments in gems and jewellery may yield positive gains in the near future. Exercise care regarding the health of your elders.

Sagittarius Nov 23 – Dec 22
You may experience happiness and radiate positive energy, which enhances your prestige among those around you. Consider dedicating time to intellectual pursuits and contemplate higher studies to advance your career. Students may receive positive news in competitive examinations.

Capricorn Dec 23 – Jan 20
The beginning of the day may be dull, but by late evening, you'll overcome negativity. New connections in your professional network will emerge. Collaborating with new individuals, you may seek to revamp your business plans. It's advised to thoroughly review documents before adding your signature.

Aquarius Jan 21 – Feb 19
Today, with the help of blessings, you can overcome indecisiveness. Your children's health is improving. Colleagues will be supportive in your work, translating into success with your projects. Anticipate receiving incentives along with your salary. Individuals associated with dairy, water projects, grains, homemaking, art, and culture are poised for success.

Pisces Feb 20 – Mar 20
Today, you may be engrossed in family gatherings and social events, fostering politeness and increasing your prestige among those present. Consider spending money on acquiring artefacts or household items to enhance your social status. You may also anticipate receiving good news from one of your relatives.

KIDZONE

Ruthu S
Kiran,
4 Years,
Kumaran's
Children
Home

Akhilesh S,
5 Years,
Narayana
E-Techno
School

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SOLUTIONS

SOLVE IN 1M
$\sqrt{(1/4)} = 3$
$\sqrt{x} = 3^4$
$\sqrt{x} = 81$
$x = \sqrt{81}$
[x = 9]

BULL'S EYE
push, hosing,
HOUSING, hung,
nigh, shin, shun,
sigh

STRIKE OUT

S	E	E	S	R	E	D		D	E	A	L	S		
E			T	A	S			E	E	L		H		
L		P	E	A	N	U	T	S				T		
O	L	D	P	O	V	E	R	T	E	N		O		
I		D		W	A	R		V		M				
R	O	Y	A	L		A	R	O	A	D				
O		L		A	C	R	A		E		S			
O	P	E	N		A		N	E	W	S				
P		M		O	H	M			T		E			
U	R	A	N	I	A		A	R	I	S	E	N		
T		O	T	T	O	M	A	N			D			
E		N	A	E		I	N	G			A			
L	I	E	I	N		A	L	G	I	E	R	S		

QUICK

H		R		E		R		N		S				
U	P	H	E	L	D		E	X	O	D	U	S		
A		H		A		C		I		M				
S	T	O	P	O	V	E	R		T	E	E	N		
O		A		E		A		A				Y		
I	N	E	R	T		S	C	E	N	E	R	Y		
E		G		A		S		I		E				
A	C	R	O	N	Y	M		U	S	U	R	Y		
E		I		S		S				E				
B	O	A	R		D	E	F	I	A	N	C	E		
L		O		N		F		S		R				
H	A	S	H	M	I		U	L	S	O	O	R		
B		R		A		B		R		A		S		

MENSA PUZZLE
HIBERNATE.

RIDDLER
If you replace every letter in the first word with the letter preceding it in the alphabet (A wraps around to Z), you get the second word. In the second word, the first letter of other words is the second word with a Caesar shift of 1.

SUDOKU

9	1	4	7	6	3	5	8	2
5	3	8	1	2	4	6	9	7
2	6	7	5	9	8	3	1	4
6	5	3	4	7	9	1	2	8
7	4	1	6	8	2	9	3	5
8	2	9	3	1	5	7	4	6
4	8	5	9	3	6	2	7	1
3	7	6	2	4	1	8	5	9
1	9	2	8	5	7	4	6	3

ALPHA TRIANGLE
Y, NY, ANY,
YANG, TANGY,
TANGUY,
NAUGHTY.

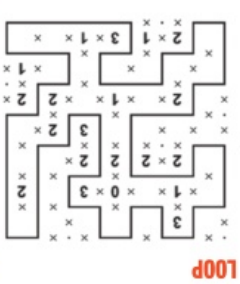
GO FIGURE
Easy
7 – 9 + 2 + 5 = 5
Medium
4 + 5 + 4 + 4 = 17
Hard
7 – 5 x 6 – 8 = 4

FAST FIVE

C	R	I	B	S
R	I	S	E	N
O	S	S	I	A
C	H	U	N	K
S	I	E	G	E

QUOTE UNCODE
Remember this: your body is your slave; it works for you.

LOOP



KAKURO

Volume No 16, Issue No 90 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Mumbai visit — Actor Priyanka Chopra just can't keep calm as she is on her way back to Mumbai, and her latest post is the proof. Sharing a picture of her passport and official papers, she wrote, "It's been a minute Mumbai. Cannot wait"

Wedding highlight

Deepika, Ranveer finally unveil wedding video

Almost five years after they got married, Deepika Padukone and Ranveer Singh finally shared their wedding video on the first episode of 'Koffee with Karan 8'. The actor couple appeared on the 'Koffee' sofa of the show hosted by ace filmmaker Karan Johar and revealed details about their marriage, the proposal, and more.

The B-Town couple also treated 'Deepveer' fans with a glimpse of their wedding. The wedding video was captured by The Wedding Filmers, the same team who shot the wedding sequence in Deepika Padukone's 'Yeh Jawaani Hai Deewani'.

The video started with Ranveer giving a toast at his wedding and revealed that he had once said that he would marry Deepika Padukone, and the day had finally come. From cute moments of 'Deepveer's' wedding, the video also featured bytes from their families talking about Ranveer and Deepika.

Deepika's father Prakash Padukone said in the video that Ranveer brings some excitement to their 'boring' family of four. Ranveer danced at the mehendi ceremony by the lake, Deepika getting ready, the pair exchanged vows at the mandap and their Anand Karaj ceremony- all have been captured in the video. Not only that, Ranveer is shown waiting outside Deepika's room to see his wife-to-be before they get married.

The much-loved couple ceremoniously tied the knot on November 14, 2018, in Italy's Lake Como.

—ANI

SANDALWOOD
SHOTS
Y MAHESWARA REDDY

New talent

Arun Kumar, a fresh face in the world of Sandalwood, has made a promising debut as a director with "Nelson." Starring Vinod Prabhakar in the lead role, this movie takes us through the lesser-known world of MM Hills in Chamarajanagar district. The film's title was officially unveiled at a function held at MMB Legacy, creating a buzz of excitement among the audience.

"I have been associated with Sandalwood for more than a decade. I worked as an associate director for a few Kannada movies. I got an opportunity to act in the Kannada movie Gombegala Love, released in 2013. I also played one of the key roles in the Kannada movie Petromax, released in 2022. I also acted in the Kannada movie Dada is Back. Now, I got an opportunity to helm the movie Nelson," narrates Arun Kumar.

According to him, the movie Nelson is a mix of crime and the culture of people dwelling in MM Hills.

"The script of Nelson has nothing to do with the story of sandalwood smuggler Veerappan. It is related to the unexplored territory of MM Hills and people involved in criminal activities. I have decided to make all efforts to prove my mettle as a director. I worked on its script for over two years," the director said.

Political satire

The team behind the eagerly awaited Kannada movie "Kenda" has set Sandalwood abuzz with the recent release of a captivating motion poster. This talented group, known for their work on the acclaimed Kannada film "Gantumoote" in 2019, is now back to create another cinematic masterpiece.

"We have revealed the artists' names and their characters in the movie. Most of them are from theatre backgrounds and make their debut in Sandalwood with this movie. I am also debuting as a director in Sandalwood with this movie," said Sahadev Kelvadi.

Sahadev Kelvadi, a cinematographer, also debuts as a scriptwriter with the movie Kenda, apart from handling the megaphone and working as a cinematographer. "The movie is a political satire. It explains how politics affect the public, especially youth who trust politicians. A few political incidents in the year 2000 inspired me to write the script for this movie. We are not focusing on a particular political party but made an attempt to convey the much-needed message to the public," said Sahadev Kelvadi. He said the actors were introduced to the public as a part of promotional activities of this movie.

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